

# THE STREAK REGISTRY

## WINTER 2014- 52<sup>ND</sup> ISSUE

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## STREAKING ANNIVERSARIES

Happy anniversary to the following streak runners who are celebrating special “mile”stones:

### **From The Masters to The Grand Masters (35<sup>th</sup> anniversary)**

C. David Todd of Matthews, North Carolina on October 14<sup>th</sup>  
Charles E. Lindsey of Canyon Country, California on October 16<sup>th</sup>  
John C. Roemer, IV of Parkton, Maryland on November 1<sup>st</sup>  
Craig A. Davidson of Phoenix, Arizona on November 5<sup>th</sup>  
Scott Ludwig of Peachtree City, Georgia on November 30<sup>th</sup>

### **From The Proficient to The Experienced (10<sup>th</sup> anniversary)**

Andrew Feravich of Cedar Springs, Michigan on October 21<sup>st</sup>

### **From The Neophytes to The Proficient (5<sup>th</sup> anniversary)**

Kevin H. Rapp of Washington, D. C. on September 6<sup>th</sup>  
Bruce D. Shephard of Tampa, Florida on September 21<sup>st</sup>  
Mary Ellen Davis of Foxboro, Massachusetts on November 16<sup>th</sup>  
Susan C. Mindock of Playa del Rey, California on November 27<sup>th</sup>  
Charlie Hart of Noblesville, Indiana on November 29<sup>th</sup>  
John C. Wright of Amherst, New York on November 29<sup>th</sup>  
Ann Hanson of Deerfield, Illinois on December 1<sup>st</sup>

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“One gray November morning I was running along the edge of a lake in Winchester, Massachusetts, a suburb of north Boston. On the path ahead of me was an old man shuffling along slowly, using a cane. As I ran by him I called out, ‘Good morning!’ He returned my greeting and then unexpectedly called after me, ‘Say, what do you gain by running?’ I hollered back: ‘It makes you feel good!’”

- Opening of James F. Fixx’s 1977 book, “The Complete Book of Running.” The *New York Times* said in Fixx’s obituary that he “spurred the jogging craze with his best-selling books about running and preached the gospel that active people live longer.” [“JAMES F. FIXX DIES JOGGING; AUTHOR ON RUNNING WAS 52.” *New York Times*. July 22, 1984.]



Ketan Salamon Nadar

**KETAN SALAMON NADAR JOINS SRI FROM INDIA**  
**By: Ketan Salamon Nadar**

I started running on 21 February 2012 as a task to reduce weight. But eventually I fell in love with running so much that I started running every day from 24 April 2012. My running streak start date is 24 April 2012. This day I will never forget. This day changed me forever.

I have not participated in any race yet, but I enjoyed my each and every run. I am proud of my achievement. On 25 October 2013, I reached my 550 days of running and I celebrated it with a 25 KM run, my longest to date. Some of the most memorable moments from the last 550 days of running are listed below. Every day was special but listing some special and unique moments made the journey memorable.

- 1) Ran even on the day of my engagement and wedding.
- 2) Ran a minimum of **10KM for a consecutive 181 days** (28 June 2012 to 25 December 2012). Glorious days of my running streak.
- 3) Cried after a run on 26th December 2012 because on that day I was not able to run a 10KM due to heavy fever and stomachache. But I managed to run a 2 KM to keep the streak alive.
- 4) Ran few 10 KMs in rain.
- 5) Ran in different locations like **Mumbai** (Dharavi, Matunga, Mahim, Shivaji Park, Worli Sea Face, King Circle, Wadala, Saat Rasta), Bangalore (Basaveshwaranagar, Vijaynagar, Yeshwanthpur, Sankey Tank), **Hubli, Honnavar, Sakleshpur, Sullya**.
- 6) Ran in different or odd times like early in the morning at 01:00AM, 04:30AM, 10AM and evening at 07:30PM, 09:30PM, 11:30PM.
- 7) Ran a 6KM at 01:00AM on **1st Jan 2013** to celebrate New Year.
- 8) Ran a 10KM when my legs were paining and aching.
- 9) Kept the **running streak alive** by running a 2KM even when I was down with fever and stomachache.
- 10) Maximum distance run was **25KM** and minimum distance run was **2KM**.
- 11) Ran wearing perfect sports attire and even in formal clothing.
- 12) Ran barefoot for 6 KM one day.

When I recall those days I feel on top of the world.

I have maintained my running logs in excel which I sync to my website every couple of days. The running log link in my website is <http://www.ketans.com/running-streak.aspx>.

Runeveryday.com website was a huge motivating factor when I was feeling demotivated to run on certain days. When I see the accomplishments of many stalwarts here I automatically get motivated. I wish and hope to run more for many days and months in future.



Tim Woodbridge

## **TIM WOODBRIDGE'S STREAK HITS 35 YEARS**

**By: Tim Woodbridge**

June 26, 2013 - Belated "Thanks" for the anniversary wishes from the USRSA! I do apologize for the delay in my update to you, time just seemed to slip away from me with all the events at the Boston Marathon and some changes at work - I just couldn't seem to sit down and finish my update!

March 5, 2013 – My day started with my wife wishing me "Happy Anniversary," then over the balance of the day got e-mails, texts, and posts on my Facebook page from my 4 kids, college friends, colleagues, etc. Again as you all know - it's not a normal wedding anniversary – it's the "Streak Anniversary." But got thinking – a lot sure has changed over the 35 years... Didn't even know what an e-mail, text, tweet, or Facebook page was back then!

I mean back in 1978 when I started the streak, the big thing was toga parties; gas was 65 cents a gallon; we were going to Discos and dancing to Bee Gees or Barry Manilow – and singing “We are Champions” at every sporting event where we won (OK – so some things never change...); and I was carrying my COBOL cards to the computer to process!! Etc. Etc.

While I don’t want to sound old – think things were a lot better back then, I mean the President was Jimmy Carter, interest rates were 18%... OK – well maybe I better just leave this nostalgia thing alone...

I remember starting this 35<sup>th</sup> year pretty excited - as I figured with over 74,000 miles at that point – I could look forward to being in Steve’s 75,000 mile club!! Well it’s been a tough year in a lot of respects – and I did clear that hurdle – I ran mile 75,001 on 12/31/2012 – so just squeaked in!! But I had the worst mileage year I ever had - by a long shot! That said I have found one of the best things for me anyway – is that my gym happens to have a running pool (30 meter pool with 4 ft. of water) with 8 lanes to run laps in. So while I have become that “2 mile a day” runner, I still do my “long runs” of an hour or more 2 or 3 times a week but they are in that pool, or out on the roads getting a bike ride in. To be honest – I highly recommend adding this to a training regiment as I’ve had a lot less wear and tear on my body the last few years – the only downside is it doesn’t count in your daily mileage total!

I still run “somewhat” competitively - ran the Cesar Rodney ½ Marathon in DE and ½ in Allentown, as well, several local 5 + 10K’s... But have had an issue with plantar fasciitis for last few months – so have had to lay off for the last few months...

One of the reasons for my delay in writing my update this year was some of the planning I was involved in with the Boston Marathon. The part I’m involved with (Elite Runners Fluid Stations), we made some major changes in so that took a lot of time getting the logistics worked out and had my “off-hours” tied up a bit in March and April. While it’s too long of a story to go into here, this years events at Boston certainly had a life changing impact on both me and my family. We were at the last elite fluid station - 1 mile from the finish line, but that was the spot where we had to stop the last 5,000+ runners from finishing. It also impacted one of my wife’s cousins who was at the finish line waiting for her husband... As she and her 3 teenage girls were waiting – they heard the first explosion and were just trying to figure out what happened when the 2<sup>nd</sup> explosion went off very close to them... While they only had minor burns, shrapnel + hearing loss – the force of the explosion knocked them all over and my wife’s cousin actually broke her leg as well. (I’m very happy to say that they all recovered fully with no issues!)

I just did my birthday “run” (it’s now a triathlon – i.e. This year – I swam 1 mile, biked 45, and then ran 10. So got my 56 miles in – just have had to change the rules of my birthday run game!) so continue to find ways to cross-train to make sure the streak stays alive!

Do appreciate getting the newsletter each quarter and catching up with all the different streak anniversaries! So keep up the great work – and keep on running!





Barry Sackett leads start at Turkey Day 10K in Worthington, Minnesota.

## **BARRY SACKETT'S STREAK HITS 4 YEARS**

**By: Barry Sackett**

I was composing my response this morning [e-mail dated November 3, 2013] while running a 20 miler in 20 mile-an-hour head winds to commemorate my 4th year. It has been a running year beyond my wildest expectations. Highlights have been too many to tell you about. My brightest accomplishment and biggest motivation this year was qualifying for the Boston Marathon in 2014. The bombing inspired me to step up my training and focus on Grandma's Marathon as my qualifying race, that training led to results in all of the other races and eventually setting another marathon PR in the Twin Cities Marathon as part of the Upper Midwest Endurance Challenge.

My next challenge is running the World Marathons, three next year (Boston, Chicago and New York) and the next three (London, Berlin and Tokyo) as soon as I can get into them and find a way to get myself there at the right time. This year I swam/biked/ran a half Ironman Triathlon and hope to complete a full next summer with qualification for Kona my ultimate goal.

In 2013 I started tracking my daily runs. As of November 3rd, my miles stand at 3270 with an average of over 10 miles a day and over 57 per week, with 4 100+ mile weeks, and a 400+ mile month. After my recent marathons, it was exciting to get back to my steady training, I am finding so much strength in my daily miles.

The true joy of this running year has gone way beyond races. I was challenged at the beginning of the year to consider my eating habits and attempt to lose some weight. Having planned to lose 15-20 pounds and ended up losing 50. This transformation has allowed the faster times, increased mileage and a new perspective on my life. The streak is a huge part of this, not just for the physical aspects of getting me out running everyday, but the mental exercise of getting me out running everyday. By attaining a new level of meditation as part of my running, it seems that everything is possible and everything is attainable. This flows through to the rest of my life where my wife and I are adopting a child from South Africa to be a new brother or sister to our three and five year old. We will be opening the third office of Sackett Law Firm in the spring, employing at least three more people to add to the eight we now employ. Last year saw my completion of and Executive MBA from the University of Minnesota's Carlson School and I have begun teaching an adjunct professor at Buena Vista University. On November 5th I hope to be elected as City Council Member of the Okoboji, Iowa City Council to add to the 6 non-profit boards I sit on as officer or member. How exactly does my streak make all of this possible in my life? I do not know how, but in my heart I am certain that it does. By praising the value of streaking, I have convinced three friends to start streaks this year, one has stuck with it and is beyond 100 days. Running for me keeps getting better and better, I hope all of you find the same as your roads keep winding.

"My streak is my meditation, my training is my prayer."

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"Running is my meditation, mind flush, cosmic telephone, mood elevator, and spiritual communion."

- Lorraine Moller, winner of the 1984 Boston Marathon.

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

- Ken Doherty, winner of Bronze medal in the Decathlon at the 1928 Summer Olympics in Amsterdam.





From left to right: Steve DeBoer, Dawn Strumsky, and John Strumsky

## **Traversing the Tundra - the 60% Solution** **By: Steve DeBoer**

For those of you not familiar with the most famous fictitious detective, Sherlock Holmes, one of his most well-known quotations was, "The game is afoot!" which obviously refers to the necessity of being very physically fit to work as a private investigator, with running being the fastest form of foot power. Mr. Holmes was also noted for using a 7% solution (of cocaine), when he had no interesting cases going on and got bored playing his violin. As streak runners, we have less of a propensity for "Coke," as things go better for us when we experience the 60% solution – that is the attempt to run daily for at least 60% of our lives.

Though Ted Corbitt and Bob Ray were the earliest US streak runners that have been certified, neither of them actually achieved 60%. (Bob was at 55.9% when he retired his 38-year streak in 2005.) Bob Hensley was the first to reach 60% in 1992. Mark Covert followed in 1995 and Steve DeBoer in 1996. For comparison, Ron Hill, who began his running streak December 1964, at age 26, did not reach 60% until 2005 (he is now at 65.1%). Eight years ago there were only 9 runners in this category in the US. Now there are 26, with 5 more within 1% of that number. Bob Hensley was also the first to reach 70% in 2006, before his 3<sup>rd</sup> running streak ended. As of December 1<sup>st</sup>, Steve DeBoer is the first to reach 72% on his 59<sup>th</sup> birthday.

Here is the list of those who have run at least 1 mile daily (along with their age and years of longest streak) for at least 60% of their life as of June 1, 2011:

Steve DeBoer	59	42 yrs.	72.01%
Mark Covert when he ended his streak)	63	45 yrs.	71.25% (dropping, 71.66% highest
Nick Morganti (2 streaks)	57	35 yrs.	70.52%
Jon Sutherland	63	44 yrs.	70.44%
Steve Gathje	58	41 yrs.	70.31%
Dave Hamilton	59	41 yrs.	69.85%
Joel Pearson	28	19 yrs.	68.42%
Gary Jones (2 streaks)	61	39 yrs.	67.67%
Alex Galbraith	63	41 yrs.	66.42%
Brian Casey	55	36 yrs.	66.09%
William Benton (2 streaks)	63	36 yrs.	65.86%
John Roemer IV	53	35 yrs.	65.18%
Ron Hill*	73	49 yrs.	65.10%
Bob Hensley (4 streaks) running daily)	59	19 yrs.	64.90% (dropping, as not currently
Steve Morrow (2 streaks)	50	28 yrs.	64.40%
Robert Kraft	60	39 yrs.	63.67%
Don Slusser (4 streaks) of 361 days – dropping, as currently not running)	62	27 yrs.	63.40% (64.99% if count 5 <sup>th</sup> streak
John Wallace III	37	24 yrs.	63.34%
Timothy Woodbridge	53	35 yrs.	63.32%
Jim Pearson	69	43 yrs.	62.93%
Layne Party	54	34 yrs.	62.73%
Sue Favor	46	29 yrs.	62.33%
Grant McAllister	50	31 yrs.	62.07%
Bill Robertson	61	36 yrs.	60.56%
John Carlson	59	36 yrs.	60.35%
Bruce Sherman	58	35 yrs.	60.06%

\*Not certified by Streak Runners International

Those getting close include:

Rick Porter	60	36 yrs.	59.49%
Ken Young (2 streaks)	72	41 yrs.	59.44%
Scott Ludwig	58	35 yrs.	59.35%
Jay Kammerzell (4 streaks) ended April 2012, at which time he was over 61%)	56	23 yrs.	59.36% (dropping as his last streak
Ken Birse	53	31 yrs.	58.97%
George Hancock (2 streaks)	61	24 yrs.	58.79%
Chester Tumidajewicz	59	35 yrs.	58.76%
Mark Courtney	60	34 yrs.	58.63%
Jim Behr	66	38 yrs.	58.54%
Craig Davidson	60	35 yrs.	58.51%
Bill Finkbeiner	58	34 yrs.	58.49%

Note that Sue Favor is the only woman to reach 60%. Julie Maxwell, who is on her second streak, is next, with 56.06%. There are only 3 people under age 50 – Joel P is 28, John W III is 37 and Sue F is 46. They will thus climb the percentile ladder more rapidly, with Joel being at 75% by the end of 2021.

We are all aware that we will not be running daily forever. God willing, we will do it until we choose to end the streak, such as Mark Covert did on July 23, 2013. But the ending of one streak is often not the end of running or even streak running for those with registered streaks. A total of at least 75 of us (we are now up to about 550 registered), or 13.6% have gone on to record a second streak. Fifteen of those have made 3. Six others have struck 4 times. Don Slusser, Brad Kautz, Sherry Case have made it over 360 consecutive days 5 times (though not all of their streaks have been certified). Then there is Herb Fred, who is on his 8<sup>th</sup> series of daily runs, still going as he reaches 84 ½ years at the end of December.

In looking at the earliest streak runners, many have gone back to running, if not streak running. Of the 32 who began daily runs on January 1, 1975 or earlier, only 8 continue with their first streak but 16 others have lived to run and even streak again (67%), most notably Ken Young after a 41-year streak and Gary Jones after ending 39 ¾ years doing it daily. By the end of 1986, there were 12 female streak runners. Of those 12, only 3 (Barbara L, Sue F, and Judy M) continue daily, but 5 others have returned to running, which means 67% of them, the most notable being Julie Maxwell, on her second streak after her 33-year one ended with a broken ankle. It is interesting that the first ten women started in consecutive years: Eileen Rountree in 77, Julie in 78, Margaret Blackstock in 79, Alicia Brophey in 80, Mary Roemer in 81, Diana Nelson in 82, Barbara Latta in 83, Sue Favor in 84 and Judy Mick in 85. The year 1986 saw 3 streaks begin – Karen Queally, Sherry Case and Nancy Kocsis, but it wasn't until 1992, when Gabrielle Cohen became the 13th female streak runner in the US.

Speaking of Judy Mick, we only recently learned of her 28 year running streak, which means she replaces Susan Crabtree as the first female streak runner in Virginia. The recent registration of Keziah Wilde's running streak makes her the youngest female to begin a running streak at just under 11 years old when it began in July 2012. She is now the 4<sup>th</sup> youngest that we know of after Joel Pearson, Tim West and Bradley Blaszyński.

*P.S. Photo included is when I had lunch with John and Dawn Strumsky on a family vacation to the East Coast in September. Though no longer running, John still walks 3-5 days plus doing a couple of workouts in the gym weekly. During the trip, I ran for the first time in Rhode Island & Delaware. Unfortunately, I tried to end my running streak the day after meeting Dawn & John (Sept. 24<sup>th</sup>), running around a car parked on the sidewalk, badly spraining my left ankle (the one I broke 6 years ago) when I stepped simultaneously on the curb and road. Fortunately I heard no pop like I did when I broke it, so I was able to limp the 3 miles back to our motel, giving thanks to God it was not worse. With lots of icing and taping, I managed to run 3 miles the next day, the 3<sup>rd</sup> mile actually feeling the best. After 5 days, I decided to try 15 miles, to see if I might still consider the marathon I was registered for 2 weeks later. Well the run went well, the last 5 miles were my fastest, and I ran Marathon #52 on October 12th with minimal discomfort to my well-taped ankle. So #3 on the streak list remains ACTIVE!*

# MEMBER UPDATES – WINTER 2014



Doug Schiller

## DOUG SCHILLER STARTS NEW STREAK

For many men turning 76 years old, streaking would be out of the question. But for Douglas Schiller, of Parrish, Florida, it has become a lifestyle, a daily mission. And he has no plans for this second streak to stop.

Doug's streak of running every day hit the one-year mark on Aug 17, following a streak that lasted six years, 224 days until it was interrupted on Nov. 2011 due to major back surgery.

His love of running remains as strong as ever, but the strides have become tougher, as Doug is still undergoing physical therapy from that back surgery, and several months ago was rear-ended in a car accident.

Due to some of the new aches, he's often been limited to not much more than a mile or two a day, but in so many ways, Doug grows stronger with each step he takes. He savors the workouts

and often awakens well before sunrise to hit the road, track or path.

"It is a spiritual, healthy pursuit that helps keep me young," Doug said. "I'll continue as long as I can."

Among the benefits of running for so many years is that it gets easier and easier to win in age-group categories when what it takes most is simply having the heart to finish.

He recently won two first places in the 75-plus age group in 5K races and one second place. But what he prizes most these days is his placing first in a 3.8 mile adventure run through the mud, muck and grass.

Doug, who started running in his 40s to bond with his son, has run 48 marathons, including 16 Bostons and 13 New Yorks.

Doug Schiller  
Ellenton, Florida

## BRUCE MORTENSON'S STREAK HITS 2 YEARS

My streak continues and I have run at least two miles every day. My lowest mileage week has been 22 miles, however, I had some pretty slow two mile runs after cataract surgery in March. I have averaged about 45 miles a week this past year down a little from last year. I spent two months of the summer in Eugene and was able to run on some of the old routes I did when I attended Oregon in the 60's.

Our high school cross-country training has started and I help coach so that keeps me going. I am now in my 55th year of running.

Bruce Mortenson  
Minnetonka, Minnesota



# MEMBER UPDATES – WINTER 2014



Michael Marcus

## **MICHAEL MARCUS JOINS USRSA**

As of the date of this letter [August 26, 2013] I have maintained running at least one continuous mile in accordance with the running streak definition for 459 consecutive days since the start of my running streak that began on May 25, 2012 and thankfully still going strong!

You had requested that I share a profile of my life and a picture of me running. I guess that I would first define myself as a proud father of two young boys. The oldest is entering 9th grade and has run track in middle school. My younger son will be going into 4th grade and is also active in sports. I encourage my children to enjoy whatever activities they participate in and aspire to do their best. I try to set a positive example and show them that even a 47 year old can still

continue to improve and achieve new goals.

On a professional level, I have over 25 years of experience in designing and managing a multitude of large-scale, diverse projects for the military, transportation industry, site developers and contractors. My background consists of degrees in Mechanical and Civil engineering coupled with a Master of Business Administration. I've also served my community as a Planning Commissioner and in a number of other volunteer capacities.

Throughout all of my daily endeavors, running, as if an entity unto itself, is always there to provide that ever so valuable motivation to carry me forward. I've structured my running plan to be resolute and to hopefully avoid becoming impatient as I strive towards new goals. I hope that my approach will offer the greatest longevity with enhanced results. I realize that there are diminishing returns as we age. However, thus far, I've been able to see consistent incremental improvements on my runs without experiencing any injuries (I hope I didn't just curse myself!).

Thank you for the opportunity to share my background and interests.

Michael H. Marcus  
Newtown, Pennsylvania

## **WIL VALOVIN STREAK HITS 3 YEARS**

My streak is still active and I'm looking forward to completing my 4th yr.

Wil Valovin  
West Yorkshire, England



Deb Brassfield-Zoltie

## DEB BRASSFIELD-ZOLTIE'S STREAK HITS 16 YEARS

I started my running streak on Sept. 10th, 1997. On Sept. 3rd, 1997, early in the AM, I ran an easy 5 miles, 9 months pregnant. At 2:17, I had my daughter c-section at Los Gatos Community Hospital. I did not run for 6 days and on Sept. 10th, my streak began.

Wow, 16 years, 20 marathons and a minimum of 3 miles. Time flies!!!!!! I admire each stalker and I am proud to be a part of this amazing group of athletes. I dedicate my 16-year streak to my Mom and Brianna. I couldn't have done it without either of you.

Deb Brassfield-Zoltie  
aka: RunRnut  
San Jose, California



(From Left to Right) Chris Brackman, Krista Brachman, Heather Brachman, and Sean Thrun.

## CHRIS BRACKMAN'S STREAK HITS 2 YEARS

Thanks for the reminder of my 2-year anniversary! It was a pretty uneventful year with no injuries so I am very thankful for that. The most fun I had was doing the 5K Color Run with my two daughters. It was a blast getting sprayed with colored cornstarch at various points on the course and coming out of the whole thing looking like human rainbows!

My next goal is to make it to 1000 days and then, of course, to 3 years. My best wishes to all the other runners out there that their streaks continue.

Chris Brackman,  
Delafield, Wisconsin





Steve Davis

## STEVE DAVIS' STREAK PASSES 3-YEAR MARK

There are all kinds of goals in running. Short term goals like "I'm going to run 800 m intervals faster than last week" or "I'm running a 10, 15, or 20 miler." Medium term, like training for a marathon 4 months away with a time goal in mind. One thing I like about streak running is the long term goals like 1 year, 5 years, 20 years.. and... oh my.. 45 years! OK, if my streak lasts until I'm 102 then 45 is possible.

Another thing I like about streak running is the inspiration by those streaking much longer and overcoming huge life obstacles while doing it. This makes getting out there every day after day after day very easy. Streak running is especially wonderful as you get older and PR's start disappearing. Streak PR's are made every single day! 1000 days was an awesome milestone. 3 years was achieved on August 17<sup>th</sup> with

my streak anniversary on the 18<sup>th</sup>. Recently 1111 days was celebrated by running 11.1 miles. It's all fun.

Well not all fun. After a marathon in April I suffered from a hip pain that I've never felt before. I ran minimal 2 miles each day for about a week. Sometimes it REALLY hurt. But then not so much and finally it just faded away. I am convinced that active recovery accelerates the healing. Running everyday has led to much fewer injuries and no show stoppers like I had before streaking.

My streak has averaged 7.5 miles per day with the 3-year mark accumulating 8,133 miles...all outdoors, including Michigan winters.

Running outside in the mornings is so peaceful. I recognize the smell of deer when they are close enough to the trail. I turn my head and there they are an arm's length away.

One morning running on a trail in the dark, a bike approached from behind. As he reached me, his headlight lit up the trail just in time to see the skunk I was about to run over! The cyclist and I went "yikes!" That was close!

A nice Saturday run went from the house to the lake 4 miles away. When I reached the lake and turned around the sky was black. Soon, storm sirens sounded. The run back was very fast counting between flashes and booms. That was scary but made it.

As winter settled in Michigan I worried that I might wake up to un-runnable conditions with a lot of snow or ice. So I bought a pair of running snowshoes. They turned out to be great for cross training. What a workout running across a frozen lake! Then one morning I awoke to 8 inches of slush and very wet snow. It was so deep and slippery running was impossible... with shoes.

But not with running snowshoes!  
Running 2 miles that morning was like  
running 10! The streak continued!

The coldest so far was -20 wind-chill.  
Lots of layers and it was not so bad!

I told my wife that one of our streakers  
lived in Minnesota and ran in -40. She  
said "with no clothes?!" I said "not that  
kind of streaker!, running streak!"

Looking forward to many more years of  
running everyday! Now I know nothing  
can stop us!

Steve Davis  
Rochester, Minnesota



William Stark

## **WILLIAM STARK'S STREAK REACHES 37 YEARS**

On the way to my 37th streak  
anniversary, over the summer of 2013,  
Saint Louis University sponsored a

wellness program called "walk to  
Madrid" (SLU has a campus in Madrid).  
I was on one of the 3 biology  
department teams (Darwin's tortoises).  
As weekly documentation was  
requested, I wrote and submitted daily  
diaries of where I jogged, how great I  
felt, etc, and that activity was, for me,  
unique and very fun.

Early in the summer, there was flooding  
here in St Louis, and some of my  
favorite pathways were not available.  
Until mid-August, we had cooler than  
usual weather, great for jogging.

On typical weekdays, my route took me  
by a gas station food mart where I  
enjoyed greeting the attendant and a  
marina where a friend who drives a  
dump truck kept it parked, and I enjoyed  
greeting him. On typical weekends, I  
jogged from my houseboat, home away  
from home, along a path by the  
Mississippi River. Toward the end of the  
summer, I parked in a slightly different  
place for my weekday runs, and I found  
some greenways I had not jogged  
before, a change of pace. Now that it is  
September, part of my jog is in the dark,  
and I wear light colors, carry a flashlight,  
and wear reflecting bands around my  
socks since I am on a road side part of  
the way.

William Stark  
St. Louis, Missouri

## **AMBER HEGLAND'S STREAK ENDS AFTER 592 DAYS**

My streak ended last Thursday  
8/29/2013. I did not run Friday due to  
pneumonia and pericardial effusion.

Amber Hegland  
Shakopee, Minnesota



Mark Misch

### **MARK MISCH'S STREAK HITS 8 YEARS**

Yes I was fortunate to enjoy a hard workout this morning [September 25, 2013] with my men's cross country team at the University of Colorado-Colorado Springs.

Just looking at my training logs today was 66,420.5 miles since I started running and 27,274.5 since the streak started eight years ago after my last surgery in 2005. I will be 41 in November and am currently preparing for the USATF Masters Club Cross Country Championships Dec 14th in Bend, Oregon and the USATF National Masters Cross Country Championships February 15th in Boulder, Colorado. I usually train 65-70 miles a week 34000-3500 miles a year.

I am just thankful to enjoy the process of running for what it is. I was at my competitive peak in 2003-2004 before being hit by a drunk driver on the night of April 16, 2004 while driving a van full of kids home from a track meet. I had several injuries that required two surgeries and rehab, etc. but I was blessed to be able to run again.

When I started running again I never envisioned the streak, I just wanted to run because I physically could and that's still how I look at it today. One day at a time.

Mark Misch  
Head Men's Cross Country  
and Co-Head Men's and Women's  
Track & Field Coach  
University of Colorado –  
Colorado Springs  
Colorado Springs, Colorado

### **NED DENNIS' STREAK HITS 27 YEARS – 10,000 DAYS**

Reached the 27-year mark - 9862 consecutive days - on June 28th. Realized that the next big number will be 10,000 consecutive days that I hope to attain on November 13<sup>th</sup> [email dated October 1, 2013].

Been blessed with good health and an ongoing desire to enjoy the benefits of running every day. Basic physical fitness and great stress relief are hard to find anywhere else.

My Motto: Carpe Diem. Every Day is a Great Day to Run.

Ned Dennis  
Marshall, Texas

### **THERESA FLORA'S STREAK HITS 4 YEARS**

I'm still running outside every day and the only change I have to report is my new 4 year mileage: 13,314.92.

Theresa Flora  
Mt. Kisco, New York

## **WILLIAM SPENCER'S STREAK ENDS AFTER 602 DAYS**

On April 23, 2013 I ended my current running streak. The streak lasted 602 days starting on August 31, 2011. While I planned to continue running longer than this, I went on a backpacking trip in West Virginia where Hurricane Sandy had knocked down a large number of trees. Even with a pack on I had to crawl under trees to keep on the trail, thus running even one mile was not a chore I looked at with pleasure.

During the year and a half of running, I have had some very exciting and unusual runs. I took my first trip to China in January and ran 8 days in the Shanghai area where the weather was quite cold and did some of my runs on a treadmill. I went from there to Tokyo and had wonderful runs along the river near my hotel. I had two runs in Grand Forks, North Dakota where the morning temperature was -5 degrees but it warmed up in the afternoon to 16-18 degrees so I was able to get my miles in. All in all in the 6002 days, I have run in 18 states, 3 countries and the District of Columbia. I enjoy the start of each day in the fall, winter and spring as the weather is comfortable. Since I live in North Carolina sometimes the summer is warm but morning is still the best time to go.

I am still running, but my streak will not continue since I am in preparation of at least two to three more backpacking trips (October, April, October) and once I retire will start in the spring of the year after I retire and hike the 2200 miles of the Appalachian Trail. I really don't think I can run one mile and hike 15-20 miles a day.

I would have liked to finish 5 years of running, but backpacking is just as

important if not more so. I will continue to run every day when I am not on the trail.

William Spencer  
Raleigh, North Carolina

## **BILL HUTCHINSON'S STREAK HITS 4 YEARS**

I'm excited to be entering my last year as a "neophyte!" During the calendar year 2012 I was proud to have averaged over 10 miles daily. My mileage average so far for calendar year 2013 is significantly lower, but I'm very happy that my streak is intact. I was very pleased to achieve a goal of completing a 100-mile ultra (The Kettle Moraine 100) in June. I utilized almost every hour and minute within the cutoff time, but made it! Best to all my fellow streakers, and especially to my MAGRA club teammates!

Bill Hutchinson  
Wauwatosa, Wisconsin

## **THERESE SAVONA'S STREAK HITS 4 YEARS**

I was so happy on my 4-year streak anniversary. It was a great personal achievement. I'm still running at a least mile a day. I ran in the Disney World Princess Half Marathon earlier this year and earned the Disney Coast to Coast Challenge medal by running the Disneyland Half Marathon in California over Labor Day. In a few weeks, I'm running the Nike Women's Half in San Francisco which will be a challenge. I'm excited to keep running and see where it will take me in the upcoming year!

Therese Savona  
Tallahassee, Florida





Samuel Lathrop (pushing stroller)

## **SAMUEL LATHROP JOINS USRSA**

I ran cross-country in high school. In 2001, the end of high school, I crashed my motorcycle resulting in a month-long coma, a bruised lung, shattered femurs, broken arm in multiple places, and various other injuries. I now have titanium rods and plates and an assortment of scars.

I started the streak so I would consistently run. But I hope I can maybe provide some inspiration and hope to people when they have to surmount some challenges.

I started the streak after reading about Mark Covert in the Wall Street Journal. I was traveling for work between 70-90% of the working year and was running on and off when on the road. Committing to

the streak meant no longer saying “not today.”

I began October 1, 2012, the day before my 30<sup>th</sup> birthday. I was staying at a Courtyard outside St. Paul, Minnesota. The first three runs were completed on hotel treadmills. Since starting the streak I have logged miles in Florida, New York, New Jersey, Colorado, Washington, Virginia, California, Arizona, Missouri, Texas, Alabama, Georgia, North Carolina, South Carolina, Minnesota, Michigan, Ohio, Kentucky, Massachusetts, Maryland, and Pennsylvania.

I started a new position in July, 2013, meaning the majority of my running is now at home in PA; I miss the variety of the road, but I like being able to participate in mid-week races. I am looking forward to running in one of the Ragnar relay race series sometime in the near future.

In the picture, I'm the guy running with the stroller. This was taken on day 14 of the streak, 20 feet from the SABA 5K finish line. My time with double jogging stroller for the race was 27:15. I ran the 3rd race of the midsummer's night race series with the double jogging stroller and now heavier children on 8/15/13 (day 319) and finished in 24:03, shaving a minute off each mile! The daily training appears to have helped!!

I am married to my wife, Kathleen Maloney; she is substantially faster than me. We have two children, Jack and Craig, ages 4 and 3 respectively. We share our home with two dogs and one cat. I try to take the dogs running fairly consistently, but as of yet neither can lay claim to a streak. The cat does not do well on a leash.

Samuel Lathrop  
Ardmore, Pennsylvania

## **STEVE GATHJE'S STREAK HITS 41 YEARS**

I recently finished my 41st year of running without a missing a day. Over 100,000 miles. Many races. Cold (42 degrees below zero), Hot (117 degrees above zero). Some victories. A lot of races where I didn't accomplish what I wanted to.

For a period of my life (mostly high school, college, and some years after college) running was at the center of my life. I was running 100 or more miles a week. My days were planned around running. My friends were mostly runners. Although I accomplished some things outside of running (college degree, starting a career, making lifelong friends) running was still at the center.

But then I moved on. It has been way over 30 years since running was the center of my life or anywhere near it. I have a 31-year streak of being married to my best friend. She is not a runner. I have 4 awesome children (our "baby" just got married, our oldest just turned 30). They were very good athletes but soccer was where their passion was so I became a soccer coach. My running taught me how to be a better coach but running was not what it was about.

I've been an actuary for almost 34 years. In some ways being an actuary is like being a runner. It isn't glamorous. When I started running, most people had no idea what cross country was, just like most people don't know what an actuary is. It also requires a lot of discipline and focus to be successful. Very long ago I made sure I put my career (and my family) way ahead of running.

So, my running has made my life better. It has enhanced my relationships with

my family and friends. It has helped me succeed in my career. And it has helped to keep me sane (or at least only mildly insane) through it all. I doubt I will be blessed with another 41 years, but take it one day, one mile at a time. And finish each day's run thankful.

Steve Gathje  
South Minneapolis, Minnesota

## **ERIC LACEY'S STREAK HITS 3 YEARS**

My streak is still alive. I have not updated my log in 6 weeks or so... So not sure of my mileage though I would bet my average is a little under 1.5 miles per day. I have run mostly 1 to 1.5 miles over the last year... Settled into 1.1 lately.

I am battling with plantar fasci pain... Almost quit running but just cannot do it... So I keep going.

Some changes since last year:  
Married on June 1st. My beautiful wife's name is Rosalva.  
Moved to Dallas-Fort Worth area.  
TEXAS.  
New job title. Plant Manager.

Eric Lacey  
Fort Worth, Texas

## **PAUL TEMPLE'S STREAK ENDS AFTER 599 DAYS**

I'm sorry to say that I accidentally missed a day (8-21-13) so my 1st streak ended. I am currently on my 2nd streak so I will submit my Streak Certification form after it has been a full year.

Paul Temple  
Germantown, Tennessee





John Watts (right) with his son Collin on top of South Sister in Central Oregon.

### **JOHN WATTS' STREAK HITS 33 YEARS; COMPILES 75,000 MILES**

I completed my 33rd year of daily running on October 3. However, one week earlier I reached a milestone that meant even more to me. On September 26 I ran my 75,000th mile. Many have run many more miles than this. I am in awe of those who have crossed the 100,000, even the 200,000 mile barriers. If you go for a 4 mile run the day you are born and run another 4 miles every day of your life until your 90th birthday, you will have run 131,490 miles. That we have people in our association who have run many more miles than that is astounding. Given my age and the mileage my body is now able to handle,

it is a long shot that I will ever reach 100,000. So 75,000 was an accomplishment that felt real good.

It brought back a long ago memory. Our high school cross country team ran past some of our football players. One of them, Kenny Billingsley, always had something funny to say. He yelled out: "OK guys, here's your workout for today. I want you to run two times around the world and then jog one."

Around the world once is about 25,000 miles. So, Kenny, I guess I've finally completed your workout! The last lap has been a jog compared to the first two. But the truth is, I'm enjoying my running even more than I did back in high school.

John Watts  
Nampa, Idaho

### **JOSH DEHLINGER'S STREAK HITS 2 YEARS**

My two-year mark fell on Friday, October 4 (my birthday) with a unceremonious, typical Friday 1 mile run. I originally started this streak as a challenge to complete an entire year running 5k every day. I met that goal and am proud to now be entering my third year of a running streak; I've managed to log 2,750+ miles over the two years, one marathon (3:23; Northern Central Rail Trail Marathon; Sparks, MD) and have two upcoming marathons (Baltimore Marathon in October, Northern Central Rail Trail Marathon in November). I have been blessed to complete a pretty easy two years - no injuries to speak of and no sickness to run through - and I look forward to the next year and more.

Josh Dehlinger  
Cockeysville, Maryland



Melissa Ortiz

## **MELISSA ORTIZ JOINS USRSA**

I originally took up running in 2004, mostly to lose weight, and it turned out I kind of loved it. Unfortunately, in 2005, excessive drinking and smoking took over and I let my physical health lapse for many years. I always held out hope that one day I would turn it back around – and I did. I got sober in 2010, quit smoking in 2011 and started running again in 2012 (and lost 80 pounds to boot!).

Once I was back into a routine with running, I quickly realized how much I adored it all over again. Then, in

September 2012, I saw an article about a woman who ran 100 days in a row and thought “I can do that!” The rest is history. As a daily runner, I love it now more than ever. My fervor is not diminishing in the least. I know I have an obsessive and addictive personality: may as well put it to good use for healthy pursuits like daily running (and daily cooking – my other passion!).

I love running for all the mental, physical and spiritual benefits, absolutely, but lately I am also enjoying playing with speed. In my year of daily running, I have increased my speed so dramatically that I can't help but wonder what other fun milestones I can reach. I've already placed in my age group in multiple races around my area, but I don't actually race that often; even hitting those goals on my daily neighborhood routes is pure joy. I just like seeing what I am capable of accomplishing!

I have been married for 17 years and my husband runs nearly daily also. We're running our first marathon together in December 2013. We hope to be a happy, healthy running couple for decades to come.

Melissa Ortiz  
Fort Worth, Texas

## **CHARLES HOLMBERG HITS 70,000 LIFETIME MILES**

At the end of my run this morning [August 29, 2013], the odometer turned over to 70,000 miles...34 years, 5 months and 9 days into my streak. Earlier this year, I was welcomed into the 1,000,000-mile frequent flyer club at United Airlines...that took me 20 years to attain.

Charles Holmberg  
Modesto, California



Lauren Estilow

## **LAUREN ESTILOW'S STREAK HITS 14 YEARS**

It's been another busy, and fun year running and racing! I celebrated my 14th year of Streaking on October 15, 2013. I have 87,163 Lifetime miles, and 37,999 Streak miles. 2013 has been a year of 3 marathons, and many other races. I'm not as fast as I used to be, but I train and race hard, and still can place in my AG. Even after 38 years of running, I'm still passionate and excited for every mile.

I've met such wonderful people, many who've become great friends. I'm inspired by my fellow USRSA runners, every Streaker is treated with support and respect, whether they are at Day 1 or Day 10,000. Runners share a bond, which is even stronger amongst Streakers!

I am proud and honored to be a member of USRSA, and I hope to meet all the Streakers someday!

Keep on Running,

Lauren Estilow  
Cheltenham, Pennsylvania

## **MARY RUNNOE'S STREAK ENDS AFTER 1,294 DAYS**

My name is Mary Runnoe and I started my streak on July 30, 2009. This past spring I studied abroad in Europe. I was hoping I could keep my streak up even though I was traveling every couple weeks and had a busy schedule full of class, tours, and site seeing.

We started our trip in London and a week into running there my knee almost dislocated on me and I fell while running my mile in early February. I had surgery on my knee about 7 years ago when I was playing soccer and my left knee dislocated. This past year it has been acting up and I have been wearing a brace to try and strengthen it. I kept running on it hoping the pain would go away but a week later in Amsterdam it became even more painful and my ankle started to hurt as well. I ended my streak in Berlin, Germany on February 12.

I am very sorry that this email took so long to send to you. I hope to start my streak back up soon but I need to strengthen my knee up first. I am proud to say that I have been a streaker for three and a half years! I look up to my mother Ellen Runnoe who has been a streaker for 6 years and I hope I can make my new streak that long or even longer some day!

Mary Runnoe  
Wausau, Wisconsin



Nick Martinez, with three sons,  
after 4<sup>th</sup> of July 5K

## **NICK MARTINEZ'S STREAK HITS 5 YEARS**

Three boys, all athletes and multiple teams, have us hopping. My update is as follows:

Nick Martinez (46) of Claremont. Now a Police Officer for the City of Claremont, after 20 years as a Real Estate Broker/Mortgage Banker. Still a CA Licensed Broker.

2008 – Real Estate Business (I was 20 years in) tanked.

2009 – Orange County Sheriff's Academy (Brutal Experience). Thank goodness I was a 3:20 marathoner going in!!!

2010 – Severe City and County cutbacks and my Police Officer position was cut ... so no job for the recent graduate.

July 2011 – Finally hired as full time Police Officer ... Start of "Field Training" (Also Brutal).

October 2011 – Wife (Kate – then 46) diagnosis with Breast Cancer (during Field Training phase).

January 2012 – Loan Modification is

denied and Sheriff escorts our family out of our home (Kate is in the middle of Chemo. I'm off training, but now in 12 month probation period).

October 2012 – Kate declared Cancer-Free.

December 2012 – Off Probation.

May 2012 – All scans clear for Kate, Remission.

October 2012 – Kate is all clear of Cancer.

Honestly, the streak has kept me calm and focused through it all. I'm a 3:20 marathoner who hasn't had the opportunity to crack 5 miles in the last 3 years. Truth be told, I've worn a path in my 1.1 "Streak Run" route. It's 1.1 miles of Sanity.

Nick Martinez  
Claremont/Upland, California

## **EMMA FOSTER JOINS SRI FROM UNITED KINGDOM**

I started running after losing 3 stone in weight; I love the gym, but found that working towards a distance kept me more motivated. My first run was small – a 5K charity run, in which I raised money for Cancer Research. I had previously convinced myself that 'I wasn't a runner' and was surprised to get a time I was relatively proud of! I decided to continue, running again for charity on a 10K beach run and then completing the Great North Run.

After suffering from a bout of sciatica, I had a break and am getting back into it – my aim is to run a full marathon. I see running streak as a challenge to keep me motivated and get my running back on track! I still enjoy the gym, attending weekly Spinning, Body Pump, Circuit and Metafit classes.

Emma Foster  
Wakefield, United Kingdom





Roger Raymond with daughter, Jessica Farmer

## **ROGER RAYMOND'S STREAK ENDED AFTER 3,955 DAYS**

It was 8 weeks ago today [October 31, 2013] that I fell and broke my Femur and thus ended my running streak of 3,955 days. I have been following the advice of my Doctors and Physical Therapist as closely as possible. It is my nature to move ahead at a very rapid rate, but it did not seem the route to take in this case. I have been working hard on my muscle groups to make sure the lack of movement did not take a toll. The walker has been a good piece of equipment for working on my arms...I can actually do dips on it! I have been doing crunches in a recliner and in bed.

Believe it or not I have maintained a good core and somehow lost 13

pounds. I am not advocating losing weight in my situation, but I went from 168 to 155 in the first 4 weeks of the injury period. I thought I would gain weight with the lack of movement and the loss of my daily runs. I guess the loss of muscle mass early on took quite a toll and it is not what I wanted or planned.

The diet I follow has always been fairly plain and generally healthy. It seems the stress my body was under and the low caloric intake that was a little too low...and maybe a little too healthy... made me lose too much weight. I am back up over 160 and feeling really good.

My life has changed dramatically since I fell and surprisingly I am at peace with it. As an athletic director at a high school and a middle school, my life is a little chaotic at times. You then throw in the music store my family owns, you get stress and life is out of balance.

I am sure I was tired and not quite in harmony and the small palm frond became a big obstacle to my body. This has made me view things a little differently. It is amazing what is gone in an instant with no warning and no defense.

I take very little for granted and really appreciate small things like putting my shoes on and taking a shower. It has been an eye opener to think of what others go through on a daily basis and none of us notice their problems. Sometimes we live our lives with blinders on and then we get a message and if lucky enough to understand, we make changes and like Michael Jackson said so eloquently "I'm starting with the man in the mirror!"

I hope to begin to help my kids at school again as I improve. I coach the high school varsity basketball team and that

season begins now. After that it is time for track and coaching over 75 students in both schools. I hope to return to making a difference in their lives.

I received good news today [October 31, 2013] when I got new X-rays. I am healing rapidly and have now been allowed to put weight on the bone. A small step to returning to normalcy....being able to walk.

It is a great day for my wife Karen who has been by me the entire time including coaching both the girls and boys cross country teams in my absence. I can now get my own cup of coffee and take a shower and maybe tie my shoes.

I am looking forward to running a wonderful mile by January and start to claw my way back to 365 days so I can rejoin the group as an active stalker.

I suspect my days at Boston and New York are behind me, but I will be thrilled to run in the back of a 5k, enjoying every step of the way. I would like to close by thanking this association for your awesome support...for a man you don't even know...only sharing the passion for what we do and the experience we all share.

God Bless all of you and enjoy your daily running...but watch out for the small palm frond in the road!

Roger D. Raymond  
Marco Island, Florida

## **JANE HEFFERAN'S STREAK ENDED IN 2008 AFTER BEING BIT BY A SPIDER**

Sorry I didn't get back to you right away. Unfortunately my streak ended long ago. In July of 2008 I was bit by a brown recluse spider (I received a second bite in October '08). I had a severe reaction

to the bites and they also triggered an autoimmune disease.

I spent large portions of the next 4.5 years in the hospital. The wounds were on my left knee and right shin. Since 2008 I have had 21 surgeries, including 16 skin grafts. I also had many complications as a result of having open wounds on my legs (blood infections, bone infections etc.) I also had over 50 blood transfusions. The wounds finally fully healed in March of this year.

I thought I was going to be able to finally get back to running. But, no. I took high dose steroids for the autoimmune disease and I ended up with a rare side effect - avascular necrosis. The AVN is in both my knees. Basically the blood supply to the bone is gone and the femur and tibia are necrotic. I've had surgery on both knees trying to save the joints but my right knee is partially collapsed and it looks like I need a knee replacement. So that's my story in a nutshell. It's been really difficult for me going from running every day to probably never being able to run again. Sorry again for the lack of communication on my part.

After all of this happened to me I decided on a career change (I had just graduated from law school when this all happened). Now I'm in nursing school at Belmont University in Nashville. It definitely keeps me busy which is nice so I can keep my mind off my inability to exercise, but it's definitely hard to be in the hospital on my feet all day with a knee that needs to be replaced. I'm going to try to have surgery in between my spring and summer semester. So that's the long way of saying my streak is over. I apologize for not notifying you before.

Jane Hefferan  
Nashville, Tennessee



## **KENNETH KOROSEC'S STREAK ENDED IN 2010 AFTER 28 YEARS**

Thank you sincerely for keeping track and noting a running anniversary. Belatedly, I must inform you and the USRSA of the end of it. MRIs disclosed 4-5 ruptured and herniated disks, together with stenosis up and down my spine, progressive scoliosis of the spine, and degenerative arthritis. Medication, plus several epidural steroid injections failed to work.

During late 2009 and early 2010, I would run at midnight (if it could be called "running" up and down my driveway at a loop of 400' until a mile was reached) to avoid effects of epidural sedation later in the day. Meanwhile, I had severe bunion and multiple hammertoes on my foot, which with a plantars wort and nerve damage to my forefoot, slowed me down as well. After listening to doctors, I was advised to have foot surgery prior to surgically dealing with my back. I put it off until I could no longer deal with the pain.

In hopes of being able to announce the cessation of the streak but with the advent of a new one after foot rehab, I went ahead and my last "run" (agonizing jog-crawl) was early AM before surgery on October 27, 2010.

What then transpired was even worse pain due to the fact that surgery caused an even more severe disc problem and advanced scoliosis (a result of perambulating differently after surgery and rehab). The final straw came after trying 3-4 months of walk-jog a mile some months later, my legs completely froze up and I could not walk at all. That has continued to this date, despite a whole host of various diagnoses and treatments. So, my goal of announcing a new streak is not an option. The past

2 years have been agonizing while I have gone to numerous medical professionals in a vain attempt to regain some of my running capabilities.

I still, however, have the fond memories of running in all 50 states, running a race in each of them, running some 1,200+ counties of the USA, 25+ foreign countries, 21 of the 37 states of Mexico, and 28+ years of streak running. But, I want to apologize to you and the USRSA for my inability, psychologically as well as physically, of not being capable of dealing with "the end," until now. Please alter the streak list accordingly. Best of luck to you and the membership.

Kenneth D. Korosec  
Chesterland, Ohio

## **RICK CARROLL'S STREAK HAS ENDED AFTER 666 DAYS**

Yup, streak is over. I have a torn meniscus with cartilage loss. Orthopedist visit on Wednesday. Beginning date 1/1/2012. Last run on 10/27/2013, did not run on 10/28/2013.

Rick Carroll  
Foxboro, Massachusetts

## **JEFF BLUMENTHAL'S STREAK HITS 2 YEARS**

I'm happy to say I'm still going strong at the 2-year mark! Since I like to have goals that seem more realistic to reach, my next goal is to run for 1,000 days, which would bring me to June 1, 2014. After that... who knows? In the meantime I'm having fun.

Jeff Blumenthal  
Oklahoma City, Oklahoma

## **DARIO MIRSKI JOINS USRSA**

I started running in a consistent manner last winter (Jan-February). I started with short mileage and almost by serendipity I found out, for the first time in my life that I could run for more than 5 miles nonstop. I also was able to extend my runs to distances of 20 miles, a feat that I thought that I was unable to achieve. Since then I ran in several races from 5Ks, 10Ks and Half Marathons (3).

I joined the Do Run Runners team from NJ (Team captain Mark Washburne, who introduced me to the USRSA), in 2012 and I have been running with the team since then. I also attend as frequently as possible the Saturday's team runs.

Running has been a great addition to my life. I extended my social acquaintances, I fostered good health habits and I developed a deeper, richer spiritual connection to the environment that allows me to enjoy my life and family in a more meaningful way.

Looking forward, I am joining the Streak Runners International/United States Running Streak Association, Inc, to pursue through the sport of running a personal achievement that would be a testament to my commitment to the sport that is giving me so many personal satisfactions. Also I am joining and committing to a running streak, as an example for my daughter, of perseverance and commitment to a goal. I also admire the stories of commitment and dedication of the membership of this association, and will be an honor to be considered part of this unique community.

Dario Mirski  
Randolph, New Jersey

## **RON JACKSON'S STREAK ENDS AFTER 12,694 DAYS**

I'm writing with the sad news that my running streak, which began on November 26, 1978, ended on August 28, 2013.

The end actually began some months ago. Ironically, I tore my plantaris tendon/muscle on January 1, 2013, the day after I retired from my "day job" as the director of a non-profit agency. I struggled through that injury only to have a right knee injury, probably a torn meniscus (I've got a Sports Medicine evaluation soon) arises. I tried everything – icing, compression, knee braces, NSAIDs, physical therapy, ultrasound – to keep going. But none have solved the problem and the pain from that injury has finally made it impossible for me to run.

I'd always been able to work through what I thought of as "small tweaks" in the past and keep on running but obviously, this is not a small tweak and I needed to stop in order to avoid further injury. Needless to say, this is not how I expected my retirement to go – I was actually looking forward to increasing my miles about and maybe running some races. Oh, well.

While I'm sad for this to end I'm completely at peace with ending it. I'd like to enjoy running again - not just suffering through some miles for the sake of the streak.

I'm proud of the length of my streak and, while I didn't quite make it to Grand Masters category, I have a lot of excellent running memories and many dear and lasting friendships as a result. I consider myself a very lucky man.

Ron Jackson  
Seattle Washington

## **RAVEN KRAFT FILMS COMMERCIAL WITH LEBRON JAMES**

Another great issue! Reading about Mark Covert and Jon Sutherland tell their stories in their own words couldn't be better. "Yellow Rose," who is doing my documentary, went to Lancaster, California to meet and film Mark. He was very kind to her and she got a great video from her visit to Mark and Jon Sutherland. She was there for his last run and I saw the video.

Mark seems to be OK with everything considering it was such a big part of his life and now he is biking to replace his need for a good workout. My best wishes to Mark for good health and good workouts.

The runs are getting tougher and tougher for me because of back pain that affects my hamstrings, calves and feet. It is a burning feeling – tingling and numbness in my feet – and when I say burning I mean like my legs are on fire. It has slowed me down but I am still covering my 8 miles a day.

I ran into Stanley Weismann. He told me his streak ended a year ago or so. He twisted his ankle playing basketball at 73 years old.

Talk about basketball, on August 16, I filmed a Nike Commercial with Lebron James. I was a principle – meaning someone out front. He had a group of 20 runners and so did I as we converged half way on the beach towards the ocean. The only problem is that he ran like a freight train and I was like a caboose so when we converged he went flying by me. I tried to talk to him about taking it easy on me. He mumbled about one speed. Well he is 34 years younger. We will see how he would do in 34 years with over 113,000

miles. Either way, I got my biggest paycheck I ever received in my life for one days work and a total of 3 tenths of a mile or so with all the takes.

So look for me if they ever show it. The title was "Training Day." I will be seen for no more than 2 seconds so look fast. They also filmed Lebron riding his bike on Ocean Drive too.

The Huffington Post did a story on me about South Beach style. It came out September 12<sup>th</sup>. It was well done and they used a song of mine.

Well that is the latest. Moving slow but moving forward. Runnin' in souring pain and pouring rain.

Raven Kraft  
Miami Beach, Florida

## **VLADIMIR COSTESCU JOINS USRSA**

Although I ran on and off beginning in 2010, I started running in earnest in the summer of 2012, hoping to build cardio endurance and get to a healthier body weight. Beginning with a daily distance of 2.5 miles, distributed between two runs of equal length, I have since worked up to running approximately 6.5 miles per day, with occasional long runs of 10 miles or more thrown into the mix.

Since my running career has been fairly short, I do not have a long string of achievements to discuss, but I did challenge myself by participating in and successfully completing Strava's inaugural Marathon Training Series, a set of three distance challenges distributed across three months. The challenge series began with a half marathon distance in February 2013, continued with a 20-mile distance in March 2013, and culminated with a marathon distance in April 2013.

I am currently participating in Strava's second Marathon Training Series, identical to the first one in terms of the distances required. I completed the first challenge in August 2013 and will complete the second and third challenges in September and October 2013, respectively. Furthermore, I am registered to participate in the Princeton Half Marathon on November 3, 2013, which will be my longest race to date.

Vladimir Costescu  
Arlington, Virginia



Grant Woodman

## **GRANT WOODMAN'S STREAK HITS 16 YEARS**

Yes, my streak is still active. If all goes according to plan, I should have 6000 days in July. Currently, I have 5844. (I haven't run yet today) [November 6, 2013].

I am currently the guidance counselor at a high school and I coach Cross Country for this high school and track for another high school not in the same conference. I run with the kids whenever

I can and they keep me motivated.

I am currently sponsored by Hammer Nutrition and still do about 5-6 road races a year. In the past two years, I have completed two trail marathons and a 50k as well as some local half marathons. I am planning on doing the half marathon series again this year and I have a 50 miler planned for January of 2015 (gotta get the training in). I saw the article on the gentleman who ended his 45 year streak and that is my goal for the time being. I am a third of the way there....

Grant Woodman  
Ithaca, Michigan

## **DON SLUSSER IS STILL INJURED**

Have not been able to run since surgery last November. Knee replacement looks like the only option to even walk somewhat normally. Still going to races along with my wife Tammy (a 2:37:14 marathoner) but can only walk the races. Far slower than a few years ago. Tammy will hit 365 days in a few weeks [letter dated October 8, 2013] barring injury. Her 100<sup>th</sup> marathon is on November 3<sup>rd</sup> at Raleigh. Looks like 2013 will be a zero mile running year.

Don Slusser  
Monroeville, Pennsylvania

## **RICK SINOPOLI'S STREAK ENDS AFTER 4,665 DAYS**

I did not run on November 4, 2013. My running streak has ended.

Rick Sinopoli  
Turtle Creek, Pennsylvania



Joel Pasternack

## **JOEL PASTERNAK'S STREAK HITS 9 YEARS**

In the 9 years of my streak, I've run 18,571 miles - 5.66 miles per day. The least amount in those 9 years has been 3 miles. This fall in September was the beginning of my 49th year of running. I went out for the Clifton [New Jersey] High School cross-country team and fell in love with running. On Thursday, September 3<sup>rd</sup>, I reached my 121,000-miles.

Right now I'm very busy coaching the boys' and girls' x-c team at Montclair High School. I just completed my 12th year as head coach of the fall and winter workouts for the North Jersey Masters Running Club. I also have been running track and cross-country clinics for many years for the towns of Cedar Grove, Clifton, Montclair, and Wayne. I personally coach during the week over 15 runners trying to improve their 5k-marathon times. Continued success to your running and streak.

Coach Joel Pasternack  
Clifton, New Jersey

## **BARBARA LATTA RUNS FIRST TRIATHLON**

A triathlon was something I wanted to do. It was on my "Bucket List" to at least try. I have been a volunteer at Triathlons and thought I would drown in the first minute of the start in the water. I am not a swimmer. I have run the "Run Leg" of a triathlon but I had never done the: swim, bike and run or a triathlon all by myself.

Early in 2013 I read about the Ramblin Rose Triathlon, which had a start in a swimming pool. The swim was 225 meters. That would be easy for a swimmer but a challenge for me. However, the start in a pool rather than an open-water swim made me think again about trying to mark this off my list of things to do. I had done four marathons, several duathlons, many half-marathons, 5Ks and track races from the 100 meters to the mile but never a full triathlon. I did have a fair bike and I enjoy biking almost every day. I am a better runner and I run every day.

My first challenge was to find a pool that would allow me to try to learn to swim before the May 19, great event. I could not find someone who wanted to teach me even for pay. They had group lessons which I observed and decided this was for the children. At last I purchased a ticket at an Optimist Pool. I could go there and do lap swims all mornings and most afternoons. This was my answer. I found out that I needed to be able to swim across the pool 9 times without stopping for the 225 meters I would need to swim. I decided I would be able to swim 10 laps by May 19.

By February I had been accepted to participate in the Ramblin Rose Triathlon along with 799 other women. I

thought this will be better to just have females. I continued to run every day and really enjoyed it. A friend biked with me about five days a week and he was so patient listening to me say, "I cannot swim two laps." He helped me build some speed and we did hill work on the bike. Because he had done a bike race I trusted his guidance.

Back to the swim which was ever so hard for me. At first I could do less than two laps without having to stop. Almost every day I kept at it and finally I could swim 10 laps by April 19. I had one month to build the speed for a swim race. Swimming faster was even harder than swimming a distance. I knew that running was my favorite activity and I just wanted to run.

By the end of April I felt I was no faster. I decided to try back stroke instead of free style. I could do 10 laps back stroke and it was just as fast as my free style without practice. I decided to just practice my back stroke and increase my speed which I did a little.

May 19, arrived and I felt I could try this triathlon. It was a beautiful day to run but first I had to swim and bike. Now I was eager to start and I wanted to finish fast. After the swim of back stroke for 225 meters I laughed as I ran to T1 (transition area). I was four minutes behind the person who was in first place. That is a lot of time and I am glad I did not know that when I finished or I would not have been laughing. With 799 other females I did not know who was in my age group. I did the bike ride with many hills and I watched some girls get off and push their bikes. I could do all the hills and by the time I finished I know now that I was almost tied with the person in my age group who had won the swim.

Now it was time for the fun part. I took off like an every day streakier and beat

this second place woman by eight minutes with my run. Running is so terrific! I am a runner! I am not a swimmer. I won my age group in the Triathlon by the eight minutes because I won the run. The run I do every day put me far ahead of the second place person. I know my strength and I am sticking to it. I still enjoy biking for the companionship and fun of it. I really enjoy running and racing for the thrill of it. I haven't been back to the pool since I got out at the triathlon but I have Run Every Day!

Barbara Latta  
Raleigh, North Carolina

## **CRAIG SNAPP MAKES "BRIEF REQUEST OF USRSA MEMBERS"**

Debbie Ciccati and I pick up the coins we find on the ground, and save them. Four days ago [e-mail dated November 13, 2013], we had our biggest "Single-Location Find," with 359! We've communicated with Tom Allen, (#76 in your "Program" --- AKA, "The Current Streak List"), and his biggest "Single-Location Find" is "something over 275"! We've communicated with Craig Davidson, (#27 in your "Program," hitting 35 years last week!), and his biggest "S-L F" is "over 1,000 --- Broken Piggy-Bank!?!"

We'd like to record the numbers of other members, (if indeed there are any other members who pick up coins!), so we can create another "USRSA List"! My e-mail address is [raldo707@msn.com](mailto:raldo707@msn.com).

(Speaking only for myself, running-every-day is not enough for my OCD, apparently! So, I had to add this "pickin'-up-every-penny" stuff!)

Craig Snapp  
El Cajon, California





Brian Clevon

## **BRIAN CLEVEN JOINS USRSA**

I am an Exercise Physiologist and Athletic Trainer from northwest Wisconsin. I started my running streak after completing the 2010 Ironman Coeur d'Alene. Since July 2<sup>nd</sup>, 2010, I ran at least 1 mile a day for the last three years, totaling 2,924.5 consecutive miles. In addition to running, I also biked 33,490 miles and swam/rowed 598 miles.

I am also a two time Ironman Triathlete, with an 11:53:00 finish at Ironman Madison in 2012. I ran 6 marathons, and train to qualify for Boston in 2014. I am a racing machine, a 2-time winner of the Iron Mountain Triathlon, and 4-time winner of Midwest Sports Events Multisport Series in the 25-29 age group. I have won four 5K race titles and placed in the top 3 in many 10Ks.

I race every distance and venue from 5Ks to marathons, as well as Duathlons, Sprint, Olympic, Half-Ironman and Ironman Triathlons. I also participated in an 140K bike race up the Wisconsin bluffs – hills that rank as category climbs in the Tour de France.

I started racing multisport in 2009 and have since run all over the map. I covered distances in Wisconsin, Washington, Idaho, Michigan, Florida, Mexico, and Greece, where I did a sprint on the ancient Olympic track.

I find a way to run my mile every day, even if it means rising at 4 AM, stuck at an airport running my mile around a gas station parking lot. I also have run through sickness and fatigue. I run to stay in shape and set an example for my family, patients, and high school athletes. I am an inspirational, dedicated, and phenomenal streak runner with 37,580 miles of running, biking and swimming within the last three years.

Brian Clevon  
Marinette, Wisconsin

## **ELLEN RUNNOE'S STREAK REACHES 6 YEARS**

I am very proud! It was especially difficult to get in my running on one weekend this past September. My daughter got married and the reception consisting of 200 people was at our house! We had a 100 x 40 foot tent and the meal and hors d'oeuvres were catered. I did run at 6:00 a.m. in the dark. Was a wonderful day!!!! Thank you for this club!!! It keeps me limber! Thanks for all you do!

Ellen Runnoe  
Wausau, Wisconsin



Bill Howes finishing the Detroit Free Press International Half Marathon.

## **BILL HOWES' STREAK HITS 2 YEARS**

My streak is still alive! Everything is going along well (I'm also knocking on my head as I write this!)- I had one close call almost a year ago last December. After a couple of holiday cocktails with coworkers I came home and was running with my dog at night and tripped on a sidewalk crack. I was lucky I was on a corner because I cleared the sidewalk and landed hard in the lawn on my left arm and then hit my face. My lip was bloodied and I knew something was wrong with my arm. I got up quickly and completed the run because that is what we streakers do right!?

I went to the doc the next day and found out I had broken my left elbow! That was a bummer not only for running but also because I'm left handed! I was reduced to a lot of one milers on the treadmill for awhile. The elbow healed nicely and has never been a problem. Lesson learned. No more RUI's (running under the influence!).

I ran 3 half marathons in three different

states (Michigan, Illinois, Wisconsin) in the last year and my streak average is 2.4 per day.

Also, I'm proud to say could you please change my status to "retired" as I retired in October after 34 years in the electrical industry. Now there is more time to run longer!

My best wishes and good health to you and all of our fellow streakers!

Bill Howes  
Royal Oak Michigan

## **REQUEST FROM STEVE DEBOER**

I am in the process of contacting the 50 people who were on George Hancock's original Streak Running list that appeared in 1994. I am trying to get contact information for the following 17 people listed below:

Donald Aycock, Ken Korosic, Thomas Bates, Murray Collette, Paul Lee. Ray Lorden. Dave Molnar. Denis Jenson, Charlie Luchsinger, Steve Minagil, Ralph McKinney, Bob Reininger, David Rinker, Bill Roger, Sr., Mark Schafer, Ken Vercammen, and Mike Wittlich.

If any of you know of any of these folks, please send their current e-mail and/or phone number to me at:  
[deboer.stephen@mayo.edu](mailto:deboer.stephen@mayo.edu)

Thank you for your help!

Steve DeBoer  
Rochester, Minnesota

# Official U.S.A. Active Running Streak List

As Certified to the United States Running Streak Association, Inc.

December 1, 2013

	<b>The Legends (40+yrs)</b>		
1.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 63</b>
2.	<b>Jim Pearson</b>	<b>02/16/70</b>	<b>Marysville, WA, Retired, 69</b>
3.	<b>Stephen W. DeBoer</b>	<b>06/07/71</b>	<b>Rochester, MN, Dietitian, 59</b>
4.	<b>Jon A. Simpson</b>	<b>08/30/71</b>	<b>Memphis, TN, Dentist, 75</b>
5.	<b>Alex T. Galbraith</b>	<b>12/22/71</b>	<b>Houston, TX, Attorney, 63</b>
6.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 59</b>
7.	<b>Steven Gathje</b>	<b>09/25/72</b>	<b>South Minneapolis, MN, Actuary, 58</b>
	<b>The Grand Masters (35+yrs)</b>		
8.	<b>Robert R. Kraft</b>	<b>01/01/75</b>	<b>Miami Beach, FL, Songwriter, 63</b>
9.	<b>James Behr</b>	<b>03/19/75</b>	<b>Trinity, FL, Educator, 66</b>
10.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	<b>Wiscasset, ME, Doctor, 65</b>
10.	<b>Robert J. Zarambo</b>	<b>06/16/76</b>	<b>Whitehall, PA, Retired, 66</b>
12.	<b>William S. Stark</b>	<b>09/10/76</b>	<b>St. Louis, MO, Professor, 66</b>
13.	<b>Bill Anderson</b>	<b>09/27/76</b>	<b>Fort Worth, TX, Retired, 68</b>
14.	<b>John Liepa</b>	<b>01/02/77</b>	<b>Indianola, IA, Professor, 68 *</b>
15.	<b>Bill Robertson</b>	<b>02/08/77</b>	<b>Ashland, MA, Systems Analyst, 61</b>
16.	<b>William J. Benton</b>	<b>04/23/77</b>	<b>Farmington Hills, MI, Accountant, 63 *</b>
17.	<b>Brian Casey</b>	<b>05/09/77</b>	<b>Paramus, NJ, Finance Manager, 55</b>
18.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	<b>Naples, FL, Retired, 71</b>
19.	<b>Rick Porter</b>	<b>12/03/77</b>	<b>Decatur, GA, Developer, 60</b>
20.	<b>John T. Carlson</b>	<b>12/26/77</b>	<b>Indianapolis, IN, Classroom Teacher, 59</b>
21.	<b>Timothy C. Masters</b>	<b>12/28/77</b>	<b>Dearborn, MI, Sales, 63</b>
22.	<b>Timothy P. Woodbridge</b>	<b>03/05/78</b>	<b>Allentown, PA, Banker, 56</b>
23.	<b>Bruce A. Sherman</b>	<b>05/16/78</b>	<b>Shaker Heights, OH, Exercise Physiologist, 58</b>
24.	<b>C. David Todd</b>	<b>10/14/78</b>	<b>Matthews, NC, Home Builder, 61</b>
25.	<b>Charles E. Lindsey</b>	<b>10/16/78</b>	<b>Canyon Country, CA, Educator, 62</b>
26.	<b>John C. Roemer, IV</b>	<b>11/01/78</b>	<b>Parkton, MD, Consultant, 53</b>
27.	<b>Craig A. Davidson</b>	<b>11/05/78</b>	<b>Phoenix, AZ, Retail/Educator, 59</b>
28.	<b>Scott Ludwig</b>	<b>11/30/78</b>	<b>Peachtree City, GA, Operations Manager, 58</b>
	<b>The Masters (30+yrs)</b>		
29.	<b>Chester A. Tumidajewicz</b>	<b>12/25/78</b>	<b>Amsterdam, NY, Security Supervisor, 59</b>
30.	<b>Jon Kralovic</b>	<b>01/01/79</b>	<b>Delanson, NY, College Football Coach, 67</b>
31.	<b>Thad Childs, Jr.</b>	<b>03/05/79</b>	<b>Gray, GA, Banking, 66</b>
32.	<b>Charles Holmberg</b>	<b>03/20/79</b>	<b>Modesto, CA, CEO, 65</b>
33.	<b>Bill Beach</b>	<b>10/28/79</b>	<b>Macomb, MI, Cross Country Coach, 65</b>
34.	<b>Benjamin M. Freed</b>	<b>12/12/79</b>	<b>Clarion, PA, Retired College Teacher, 66</b>
35.	<b>S. Mark Courtney</b>	<b>12/20/79</b>	<b>Grove City, PA, Physician Assistant, 57</b>
36.	<b>William G. Finkbeiner</b>	<b>01/01/80</b>	<b>Auburn, CA, Landscaper, 57</b>

36.	<b>Layne C. Party</b>	01/01/80	Towson, MD, Manager, 54
38.	<b>Leslie J. Shoop</b>	04/28/80	Sarver, PA, Retired, 65
39.	<b>Ed Goff</b>	08/13/80	Bradenton, FL, Teacher, 70
40.	<b>John I. Watts</b>	10/04/80	Nampa, ID, Pastor, 58
41.	<b>Ward D. Crutcher</b>	12/26/80	Muncie, IN, Retired, 74
42.	<b>George G. Brown</b>	01/06/81	Richlands, VA, School Principal, 61
43.	<b>Michael Halloran</b>	04/01/81	Jacksonville, FL, Wealth Mangement, 66
44.	<b>Richard Rusch</b>	08/03/81	Wauwatosa, WI, Retired, 63
45.	<b>John R. Chandler</b>	08/09/81	Whitefish Bay, WI, Financial Planner, 58
46.	<b>Ben Dillow</b>	08/20/81	Redlands, CA, Retired, 73
47.	<b>Bill Leibfritz</b>	12/03/81	Midland, MI, Professor, 57
48.	<b>Frederick L. Murolo</b>	12/30/81	Cheshire, CT, Attorney, 56
49.	<b>Scott D. Snyder</b>	12/31/81	Littleton, CO, Emergency Physician, 58
50.	<b>Michael G. Sklar</b>	01/20/82	Dunwoody, GA, Professor, 70
51.	<b>Bob Kimball</b>	02/03/82	Pensacola, FL, Professor, 70
52.	<b>Ken Birse</b>	04/22/82	Amherst, NH, Data Sales Manager, 53
53.	<b>Charles Groseth</b>	06/30/82	Allen, TX, Chief Operating Officer, 55
54.	<b>Grant McAllister</b>	08/28/82	Atlanta, GA, Sales Manager, 50
55.	<b>Gary Rust</b>	07/03/83	Palm Springs, CA, Retired, 67
56.	<b>David Melissas</b>	07/20/83	Marietta, GA, IT Project Manager, 53
57.	<b>Doug Holland</b>	08/01/83	Tucson, AZ, College Athletic Director, 52
58.	<b>Al Colonna</b>	08/05/83	Dix Hills, NY, Retired, 69
	<b>The Dominators (25+yrs)</b>		
59.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 72 (F)
60.	Randolph Read	09/01/84	Las Vegas, NV, Executive
61.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 46 (F)
62.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 63
63.	Leonard Bruckman	02/10/85	Granite Bay, CA, Business Owner, 66
64.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 59
65.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 60
66.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 53
67.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 64
68.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 55 (F)
69.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 68
70.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 56
71.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 68
72.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 64
73.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 55
74.	Robert E. Nash	06/18/87	Olney, IL, Physician, 66
75.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 65
76.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 61
77.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 66
	<b>The Highly Skilled (20+yrs)</b>		
78.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 55
79.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 49
80.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 63
81.	Hal Gensler	12/04/89	New River, AZ, Retired, 67

82.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 63
82.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 37
82.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 57
85.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 61
86.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 73
87.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 75 *
88.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 62
89.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 62
90.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 63
91.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 56
92.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 61
93.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 60
94.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 57
94.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 60
96.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 63
97.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 42
98.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 64
99.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 64
100.	Jon Janes	12/19/91	Topeka, KS, TV News, 66
101.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 51 (F)
102.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 57
103.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 72
	<b>The Well Versed (15+yrs)</b>		
104.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 57
105.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 58
106.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 63
107.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 28
108.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 57
109.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 58
110.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 71
111.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 62
112.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 58 *
113.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 66
113.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 57
115.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 67
116.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 58
117.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 61 (F) *
118.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 31
119.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 53 (F)
120.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 39 *
121.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 57
122.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 58 (F)
122.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 63 *
124.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 54
	<b>The Experienced (10+yrs)</b>		
125.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 49
126.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 53 (F)

127.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 53
128.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 55
129.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
130.	Diane Shumway	05/27/00	Provo, UT, Retired, 58 (F)
131.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 58 (F)
132.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 67 *
133.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 42
134.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 66
135.	Martie Bell	12/27/01	Thomasville, NC, Professor, 58 (F)
135.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 61
137.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 67
138.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 66 *
139.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 61
140.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 63 (F) *
141.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 55
142.	George A. Hancock`	06/22/02	Windber, PA, Education, 60 *
143.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 28 (F)
144.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 38
145.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 60
146.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 53
147.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 32 (F)
148.	David Max	08/28/03	Alexandria, VA, Pilot, 38 *
149.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 24
	<b>The Proficient (5+yrs)</b>		
150.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 57
151.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 41
152.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 36
153.	Ed Reid	05/27/04	Bradenton, FL, Builder, 54
154.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 67 *
155.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 63
156.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 42
157.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 45
158.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail Manager, 33 (F)
159.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 58
160.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 35
161.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 63
162.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 54 (F)
163.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 59
164.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 32 (F)
165.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 50 (F)
166.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 54 *
167.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 53
168.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 60
169.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 44
170.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 53
171.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 41
172.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 38
173.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 71



174.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 63
175.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 46
176.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 57 *
177.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 45
178.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 49
179.	David McMMain	11/11/06	Brandon, MS, Claims Adjustor, 56
180.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 71
181.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 42
182.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 46
183.	Heather E. Nelson	12/15/06	Houston, TX, Student, 22 (F)
183.	William D. Nelson	12/15/06	Houston, TX, Business, 48 *
185.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 47
185.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 32 (F)
185.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 25 (F)
188.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 45
189.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 32
190.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 53 (F)
191.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 31
192.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 50 *
193.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 46 (F)
194.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 57 (F)
195.	Craig Stroud	06/17/07	St. Charles, MO, Systems Engineer, 52
196.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 40 (F)
197.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 47 (F)
198.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 63 *
199.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 54
199.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 65
201.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 59 (F) *
202.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 66
203.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 52
204.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 45
205.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 41 (F)
206.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 49
207.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 71 *
207.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 32
209.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 42
210.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 44
210.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 55 *
210.	Leo Hammond	01/01/08	Plano, TX, Student, 28
210.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 48
210.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
210.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 61
216.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 49 (F)
217.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 34
217.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
219.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 53
220.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 40 (F)
221.	John King	01/21/08	Chatham, NJ Education Administrator, 62 *
222.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 63

223.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 24
224.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 42
225.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 54
226.	Kelly Luck	08/26/08	Louisville, CO, Student, 26 (F)
226.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 46
228.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 30
229.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 69
230.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 57 (F)
231.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 54 (F)
232.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 41
232.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 58
234.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 62 (F)
	<b>The Neophytes (-5yrs)</b>		
235.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 39
236.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 52
237.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 31
238.	John B. Davis	12/08/08	Desoto, TX, Consultant, 70
238.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 66
238.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 66 (F)
241.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 60
242.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 50
242.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 42
244.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 54 (F)
245.	Eric V. Love	12/27/08	Erie, CO, Attorney, 47
246.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 39 (F)
246.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 62
248.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 67
248.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 34
248.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 48 (F)
248.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 55 (F)
248.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 35 (F)
253.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 36
254.	Vince Nardy	01/27/09	Solon, OH, Management, 55
255.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 34
256.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
257.	William McCarty	03/06/09	San Francisco, CA, Consultant, 66
258.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 57 *
259.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 53 (F)
260.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
261.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 70 *
262.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 26
263.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 58 (F) *
264.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 70 *
265.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 18
266.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 27
267.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 34 *
268.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 45 (F) *
269.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 14

270.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 51
271.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 44
271.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 31
273.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 30 (F)
274.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 72 *
275.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 54 (F)
276.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 35
277.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 56
277.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 44
279.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 44
280.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 45 (F)
281.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 60 *
282.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 38
282.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 48
282.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 35
285.	Paul Miller	02/10/10	Medfield, MA, Marketing, 53
286.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 55 (F)
287.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 60
288.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 44
289.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 35
290.	William Middlebrook	03/31/10	Colorado Springs, CO, 71*
291.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 44 (F)
292.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 84 *
293.	Steve Morrow	05/13/10	Eagle Lake, MN, Systems Analyst, 50 *
294.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 38
295.	Brian Clevon	07/02/10	Marinette, WI, Exercise Physiologists, 28
296..	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 39
297.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 51
297.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 36
299.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 60
300.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 21 (F)
301.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 44
302.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 57
303.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 40
304.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 43
305.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 48
306.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 56
307.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 37
307.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 37
309.	Angela Fuss	01/01/11	Mont Atlo, PA, Phys. Ed. Teacher, 35 (F)
309.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 57 (F)
311.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 56 *
312.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 28
312.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 43
314.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 37
315.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 52
316.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 53
317.	Will Jones	03/18/11	Grove, OK, Athletic Director, 39
318.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 22

319.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 39
320.	Jay Frank	03/21/11	Oak Park, CA, CEO, 59
321.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 39
322.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 34
323.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 38
324.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 42 (F)
325.	James Holt	05/01/11	Centerville, UT, Regional Manager, 55
326.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 54 (F) *
327.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 36 (F)
328.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 52
329.	Tod O'Donnell	05/16/11	Fort Mill, SC, Operational Risk Consultant, 41
330.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 30
331.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 40 (F)
332.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 52
333.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 38
334.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 56
335.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 54 (F) *
336.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 26
337.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 37
338.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 27
339.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 38
340.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 58 *
341.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 67 (F) *
342.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 30
343.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 26
344.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 45
345.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 13
346.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 69
347.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 47
348.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 36 (F)
349.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 55
350.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 50 *
351.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
352.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 46
353.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 58 *
354.	James Wisler	09/15/11	Wake Forest, NC, Physician, 31
355.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 31 (F)
356.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 34
357.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 34
358.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 32
359.	Anne Bliss	11/11/11	Burlington, VT, Freelance Editor, 45 (F)
360.	Bettina Shepard	11/21/11	Brick, NJ, Admin. Assist., 47
361.	Michael Scott	11/23/11	Greencastle, IN, Manager, 40
362.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 51
363.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 13
364.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 44
365.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 41
366.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 46
367.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 38

368.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
369.	Shannon McGinn	12/28/11	Avenel, NJ. Therapist, Running Coach, 38 (F)
370.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 33
371.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 41, (F)
372.	Chip Akers	12/31/11	Raleigh, NC, Dad, 53
372.	Robyn Clevenger	12/31/11	West Des Moines, IA, 34 (F)
372.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 33
372.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. - Law Firm, 51
372.	Jennifer Walt	12/31/11	Huntington Beach, CA, Mom, 49 (F)
377.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 32
377.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 49
377.	Mike Johnson	01/01/12	Daphne, AL, 41
377.	Drew Kenny	01/01/12	Fleming Island, FL, Pilot, 47
377.	Joe Meadows	01/01/12	Cleveland, OH, Mgr. Digital Clev. Browns, 31
377.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 54 (F)
383.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 33 (F)
384.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 52 (F)
385.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 33 (F)
386.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 45
387.	Daniel Myers	02/01/12	South Bend, IN, Professor, 47
388.	Dusty Hardman	02/13/12	Punta Gorda, FL, 45 (F)
389.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 62 (F) *
390.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 35
391.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 27
392.	Gary Jones	04/12/12	Troy, Montana, Retired, 61 *
393.	John Metiva	04/19/12	Midland, Michigan, Retired, 56 *
394.	Christopher George	04/27/12	Mobile, AL, Attorney, 54
395.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 58
396.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 27
396.	Keziah Wilde	05/13/12	Arlington, MA, Student, 11 (F)
398.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 37
399.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 47
400.	Audra Martin Laking	05/27/12	Prattville, AL, Exec. Asst., 46 (F)
401.	Chris May	05/29/12	Littleton, CO, Director Engineering, 41
402.	Kirk Buckley	06/18/12	Las Vegas, NV, Database Administrator, 45
403.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 30
403.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 34
405.	Vladimir Costescu	07/10/12	Arlington, VA, Student, 22
406.	Kenneth Young	07/27/12	Petrolia, CA, Retired, 72 *
407.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 34
408.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 46
409.	Douglas Schiller	08/17/12	Ellenton, FL, Consultant, 76 *
410.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 50 (F)
411.	Melissa Ortiz	09/26/12	Fort Worth, TX, Engineering Consultant, 38 (F)
412.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 34
412.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 31
414.	Joshua Pedelty	10/13/12	Cedar Rapids, IA, Attorney, 39

\* Indicates listing on both active and retired running streak lists.



## Official International Active Running Streak List

As Certified to the Streak Runners International

December 1, 2013

	<b>The Highly Skilled (20+yrs)</b>		
1	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 50
	<b>The Well Versed (15+yrs)</b>		
	<b>The Experienced (10+yrs)</b>		
	<b>The Proficient (5+yrs)</b>		
2	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 51 (F) *
3	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 46
	<b>The Neophytes (-5yrs)</b>		
4	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 33
5	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 50
6	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 57
7	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 39
8	Katie Robinson	19Aug11	Auckland, New Zealand, Consultant, 46 (F)
9	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 31
10	Ketan Salamon Nadar	24Apr12	Mumbai, India, Software Programmer, 29
11	Phillippa Nichol	03Jun12	Newcastle, England, Project Mgr., 33 (F)

Indicates listing on both active and retired running streak lists. \*

## Official International Retired Running Streak List

As Certified to Streak Runners International

December 1, 2013

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days ( 2 yrs 357 days)
2.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days ( 1 yr 150 days)
3.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days ( 1 yr 040 days)

## Official U.S.A. Retired Running Streak List

As Certified to the United States Running Streak Association, Inc.

December 1, 2013

1.	<b>Mark Covert, Lancaster, CA</b>	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	<b>Kenneth C. Young, Petrolia, CA *</b>	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	<b>Gary C. Jones, Troy, Montana *</b>	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	<b>Robert C. Ray, Baltimore, MD</b>	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
5.	<b>Ed Sandifer, Newtown, CT</b>	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
6.	<b>Walter O. Byerly, Dallas, TX *</b>	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
7.	<b>Nick Morganti, Carlsbad, CA *</b>	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
8.	<b>Barry Abrahams, Lincoln, NE *</b>	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
9.	<b>Ron Jackson, Seattle, WA</b>	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
10.	<b>Joseph Wojcik, Claremont, CA (D)</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
11.	<b>Harvey Simon, Newton, MA</b>	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
12.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
13.	<b>John W. Morgan, Emmett, ID</b>	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
14.	<b>Julie Maxwell, Kasson, MN (F) *</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
15.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
16.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
17.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
18.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
19.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
20.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
21.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
22.	<b>Alicia Brophay, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
23.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
24.	<b>Brian P. Short, Minneapolis, MN</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
25.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
26.	<b>James R. Scarborough, Rancho Palos Verdes, CA</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
27.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
28.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
29.	<b>Kenneth Korsek, Chesterland, OH</b>	10/16/82 – 10/27/10	10,239 days (28 yrs 011 days)
30.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
31.	<b>J. Patrick Grownay, Lavallette, NJ *</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
32.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
33.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)

34.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
35.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
36.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
37.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
38.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
39.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
40.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
41.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
42.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
43.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
44.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
45.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
46.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
47.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
48.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
49.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
50.	John Metevia, Midland, MI *	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
51.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
52.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
53.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
54.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
55.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
56.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
57.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
58.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
59.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
60.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
61.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
62.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
63.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
64.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
65.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
66.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
67.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
68.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
69.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
70.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
71.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
72.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
73.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
74.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
75.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
75.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
77.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
78.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)

79.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
80.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
81.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
82.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
83.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
84.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
85.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
86.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
87.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
88.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
89.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
90.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
91.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
92.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
93.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
94.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
95.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
96.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
97.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
98.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
99.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
100.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
101.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
102.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
103.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
104.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)
105.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
106.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days ( 6 yrs 247 days)
107.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
108.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
108.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
110.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
111.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
112.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
113.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
114.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
115.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days ( 5 yrs 247 days)
116.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)
117.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days ( 5 yrs 196 days)
118.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
119.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
120.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days ( 5 yrs 157 days)
121.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
122.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days ( 5 yrs 104 days)
123.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)

124.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
125.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
126.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
127.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
128.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
129.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
130.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
131.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days ( 4 yrs 173 days)
132.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days ( 4 yrs 103 days)
133.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
134.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
135.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
136.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
137.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
138.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days ( 4 yrs 029 days)
139.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
140.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days ( 3 yrs 286 days)
141.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days ( 3 yrs 282 days)
142.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
143.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
144.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
145.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)
146.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
147.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days ( 3 yrs 218 days)
148.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
149.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days ( 3 yrs 198 days)
150.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days ( 3 yrs 186 days)
151.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
152.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
153.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
154.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)
155.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days ( 3 yrs 107 days)
156.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
157.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days ( 3 yrs 069 days)
158.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days ( 3 yrs 055 days)
159.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
160.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
161.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
162.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
163.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
164.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
165.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
166.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
167.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
168.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
169.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 289 days)
170.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
171.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)
172.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days ( 2 yrs 269 days)

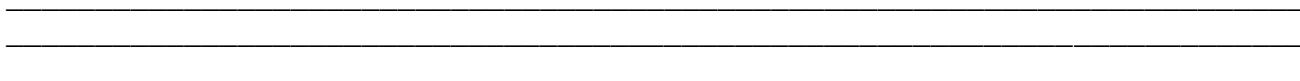


173.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
174.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
175.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
176.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
177.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
178.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
179.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)
180.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days ( 2 yrs 141 days)
181.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
182.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
183.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
184.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
185.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
186.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
187.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
188.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)
189.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
190.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
191.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
192.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
193.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
193.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days ( 2 yrs 021 days)
195.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
196.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)
197.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
197.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
197.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days ( 2 yrs 012 days)
200.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
201.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
202.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)
203.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)
204.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days ( 1 yr 347 days)
205.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days ( 1 yr 342 days)
206.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
207.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
208.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days ( 1 yr 300 days)
209.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
210.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
211.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
212.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
213.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days ( 1 yr 236 days)
214.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
214.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
214.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days ( 1 yr 234 days)
217.	Paul Temple, Germantown, TN	12/31/11 – 08/20/13	599 days ( 1 yr 233 days)
218.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days ( 1 yr 226 days)
219.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days ( 1 yr 226 days)
220.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)

221.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
222.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days ( 1 yr 214 days)
223.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)
224.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
225.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
226.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
226.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
228.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
229.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days ( 1 yr 183 days)
229.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days ( 1 yr 183 days)
231.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
232.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
233.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
234.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days ( 1 yr 134 days)
235.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
236.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
237.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
237.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
239.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)
240.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
241.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
242.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
243.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
244.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days ( 1 yr 075 days)
244.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days ( 1 yr 075 days)
246.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
246.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
246.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days ( 1 yr 074 days)
249.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
250.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
251.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
252.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
253.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
254.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
255.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
256.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)
257.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
258.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days ( 1 yr 042 days)
259.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
260.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
261.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
262.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
263.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
264.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
264.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
266.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
267.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days ( 1 yr 009 days)
268.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
269.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)

269.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
269.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days ( 1 yr 005 days)
272.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
273.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
273.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days ( 1 yr 002 days)
275.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
275.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)
275.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
275.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)
275.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days ( 1 yr 001 days)
275.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days ( 1 yr 001 days)
281.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
281.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
281.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
281.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
281.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
281.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
281.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days ( 1 yr 000 days)
288.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
288.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
288.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
288.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
288.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
288.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
288.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)
288.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days ( 1 yr 000 days)

\*Indicates multiple listings on either active and/or retired lists.



## **SRI/USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK**

To view and/or join our new SRI/USRSA Yahoo group, please visit our website at: <http://sports.groups.yahoo.com/group/USRSA/>

To view and/or join the SRI/USRSA Facebook group, please visit our website at: <http://www.facebook.com/group.php?gid=95577453452>

For updated information on SRI/USRSA and running streak lists, please visit the association's website maintained by our Webmaster Extraordinary, Steve Morrow, from Eagle Lake, Minnesota. SRI/USRSA website can be found at: <http://www.runeveryday.com/>

## **THE FINISH LINE**

### **By: Mark Washburne**

This last quarter was relatively quiet compared to all the attention our running streak association received following the retirement of the 45-year running streak by Mark Covert in July. Even during this quiet period, however, the interest in streak running continued to grow as noted by our cover story featuring Ketan Salamon Nadar, our first streak runner from India. Mr. Nadar is also our first male and second streak runner from the continent of Asia to become a member of SRI following Lai Tzs Yin, from Hong Kong, China, who joined in 2012. Ms. Yin, however, had just started her streak when she joined last year and her streak ended before reaching a year. Mr. Nadar, therefore, also has the distinction of being the first athlete from Asia to have his streak listed on our website. Also new to our international list this quarter is Simon Scarfe, of Manchester, England, and Emma Foster, of Wakefield, England. We wish all these new international athletes all the best of luck in their running endeavors and we look forward to even more world streak runners joining our association in the years to come.

For those in our United States association, you might think that no one new submitted an active running streak last quarter if you just compare the number of streak runners posted in this newsletter on the USRSA active list (414) with the number of streak runners registered in the Fall newsletter (414). The 414 number on both lists, however, is deceiving as we had an unusually high number of individuals announce that their streaks had ended starting with Ron Jackson (11/26/78-8/27/13), of Seattle, Washington. Mr. Jackson's streak ended after 34 plus years (12,694 days) and is now registered as 9<sup>th</sup> on our retired list. Everyone, and I do mean everyone, below his 28<sup>th</sup> spot on the active list in our Fall newsletter moved up in the standings – some several positions.

One of the reasons why we had so many retired streaks this quarter is that we heard from some people whose streaks actually ended months and years ago. Most people contact us right away when their streak ends but, for various reasons, there is a small minority who delay notifying us. Our association is about being supportive of all the amazing streak runners around the world and it not our intention to judge anyone who might find it difficult to let us know when it has ended. We do, however, operate on the honor system and ask that you notify us as soon as possible out of courtesy to the others on the list. We also ask that when notifying us about the end of a streak that you specify the last day you ran during the streak (NOT the first day you did not run) so that we can add your streak to our retired list.

Speaking of notifications, when I took over the management of our association in 2011, I put together a calendar of yearly streak anniversaries for our active list so as to send a congratulatory email when the date occurs. In practice, however, I have not been able to send an anniversary email to everyone because we have an old or no email address for some of you. If you did not receive an email from me on your streak anniversary, please let me know at [USRSA@yahoo.com](mailto:USRSA@yahoo.com) so that our association can celebrate your outstanding achievement on your special streak running day.

In closing, for me and for many others in the running community, 2013 will best be remembered for the tragic events surrounding the Boston Marathon bombings. As I wrote in a previous newsletter, I was among the finishers that day and my girlfriend, Diane, had just left the finish line area minutes before the bombs exploded. In my article for our newsletter, I said it was my intention to return for my 10<sup>th</sup> consecutive Boston Marathon in 2014. I am happy to report to you that I received notification in September from the Boston Athletic Association that I was accepted to run the race again on Patriot's Day in April. I am also happy to report to you that I ran the Wineglass Marathon in Corning, New York in October and I met the qualifying standards to run the Boston Marathon in 2015. Hope to see many of you there as well. Good luck to all and I will be thinking of you as we each run the roads and trails – every day!